

Working up a sweat
Health Canada is working on new and fun ways for people to exercise.

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Monday, October 7, 2002

Conestoga College, Kitchener

34th Year — No. 19



(Photo by Andrea R. Smith)

Mechanical engineering students Justin Bos (left) and Matt Jordan won best costume for their portrayal of Austin Powers and Mini-Me. They received a gift certificate from Dominos Pizza.

Smashin' biz bash, baby!

By ANDREA R. SMITH

The dance floor was spread with confetti, streamers hung from the ceiling, bright lights flashed and the booze flowed. The Sanctuary took on a whole new look at the first of five biz bashes this year.

Held by the association known as Computers and Business Student Association (CBSA) and in conjunction with the CSI, the "shagadelic" themed biz bash was held in the Sanctuary for the first time on Sept. 26.

As students piled in dressed like their favourite Austin Powers character, they had no idea what kind of night, filled with prizes and loud music, they would encounter.

Attendance was estimated at 500, with about 10 per cent dressed in costume.

In the past years biz bashes have been held at local pubs. The Sanctuary was chosen because of the location and because all ages could attend.

"The idea to have it (biz bashes) in the Sanctuary this year came from a consensus between the executives and class representatives of the CBSA," said Adam Duce, president of the CBSA. "Because of the rush of underage students and lack of OAC, more students will be attending."

Students had to show student ID

and another piece of identification to prove they were of age. Wristbands were given to those old enough to drink.

"I think meeting new people and just being able to hang out is the best part," said Sarah Colein, 19.

Having it in the Sanctuary also means more school awareness and lower costs.

Disadvantages of having the biz bash in the Sanctuary include less capacity and increased costs of security and set up.

"Some people might also think that events (like the biz bash) won't be effective because they are being held at the school," said Duce. "We want to show the community what we can do."

"I wasn't sure about the biz bash being held in the Sanctuary but I am surprised how it turned out," said Colleen McManua, 19, from general business.

One major complaint throughout the night was the wait for drinks. With only one small bar and one beer basket, sponsored by Brick Brewery, at one point students were waiting at least half an hour to an hour to get booze.

"They should definitely have more bars next time because the line-ups were forever," said McManua.

The prize for best costume was given to Justin Bos, 19, who

dressed up as Austin Powers and Matt Jordan, 20, who went along as Mini-me. Both students are from the mechanical engineering program. They won a gift certificate for Dominos Pizza — one medium pizza with two toppings. Runner-ups were given some posters.

Matthew Conkin, 19, from the woodworking technology program, won a bottle of Crown Royale in the Toonie Toss.

Laura Warwick, 19, from general business, and Dru Adamson, 20, from civil engineering, won DVDs of the first and second Austin Powers movies, provided by Zellers. They participated in the traditional "love shack" which was named "the shagadelic room" to go along with the theme. Warwick and Adamson exchanged the most amount of clothing, five pieces, in 30-40 seconds behind a big white cloth.

Music was provided by Z103.5. They were giving out free T-shirts all night long. A 50/50 draw, worth about \$70, was also held.

Tickets to the biz bash were lowered quite a bit from last year. The CBSA and CSI ended up compromising at \$3 all around. Last year it was \$5 in advance and \$7 at the door.

The next biz bash is scheduled for Halloween night. Students can come dressed up in costume.

Pool shark racks up wins in Sanctuary

By AIMEE WILSON

The Ghost fascinated students Sept. 23 in the Sanctuary with his trick shot performances and game winning billiard skills.

Gerry Watson drew a crowd of about 50 students around the pool tables. As Watson continued to wow the onlookers, more students continued to stop by and take a look.

Jody Andruszkiewicz, programmer/events co-ordinator for Conestoga Students Inc. said, "The students absolutely love having him on campus." Each shot made by Watson drew applause along with many shocked expressions from the crowd of students who watched every move he made on the table.

Dressed in a classy black suit and complementary red tie, Watson gracefully moved about the pool table, cue in hand and always a step ahead of his opponent. Students had the opportunity to test his expertise by playing a round of pool against him and potentially winning a prize graciously donated by Watson. Prizes consisted of a video featuring Watson called Pool Academy and his book 101 Big Pool Shots.

The 40-minute video produced by Professional Billiard Productions, takes the viewer inside the classroom where Watson guides you through basic stance, grip, cue ball control, banking system and standard safety shots and drills.

Watson's book is divided into

four sections. These sections include a series of photos and biographies of some of billiard's top stars, Watson's amusing road stories, practice routines and many diagrams of 101 strategic shots.

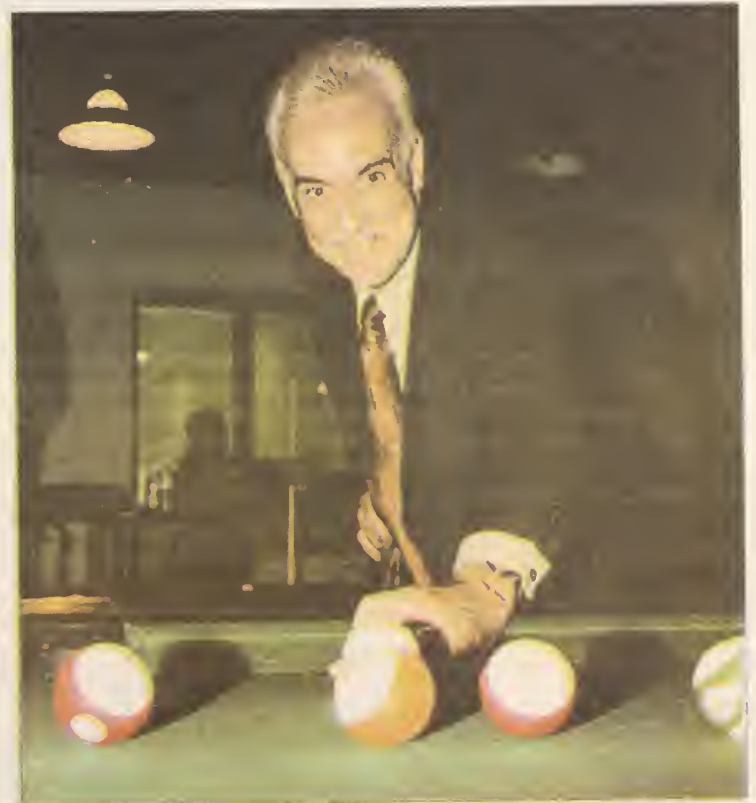
As students challenged the pool shark by taking their best shots, Watson was found standing quietly to the side with a graceful smile.

Jay Waples, 20, a business administration management student, had the opportunity to challenge the pool shark and successfully sunk the eight ball first, defeating The Ghost. "It felt fantastic to beat a billiard's icon," said Waples.

Watson admits safety is the most valuable strategy in winning a game of pool. Always being one step ahead of your opponent will ensure you the game. Watson doesn't keep his game winning tricks and skills a secret. He likes sharing information with curious students. "Ten to 20 years ago pool sharks wouldn't tell you anything," he said. According to Watson's Web site, www.gerry-watson.com, Watson picked up the nickname The Ghost by knowing the safety aspects of pool and always being able to keep the cue ball from his opponents.

Watson's expertise and entertaining performances have landed him pool shows at 43 different college campuses a year.

"He reminds me of that old guy you see in the movies who sits in the pool halls," said Andruszkiewicz, adding, "He's one of the most professional, gentlemanly persons."



(Photo by Aimee Wilson)

Students had the opportunity to test their abilities against pool expert Gerry Watson (aka The Ghost) Sept. 23 in the Sanctuary.

The online doc is in

By STACEY MCCARTHY

With a continuing shortage of doctors in Waterloo region, anything to help ease the growing medical congestion would be a breath of fresh air. A new proposal by St. Mary's Hospital aims to provide just that by giving diabetics medical services without a visit to the doctor.

While it's still in the planning stages, the proposal will use new online software to provide personal medical advice for the growing population of diabetics. It will be

and huge potential costs of this ever-growing disease.

While there is currently no cure for diabetes, there are many effective forms of treatment once it is diagnosed. As a result, those who suffer from the disease can expect to live longer, healthier and more active lives. However, for those who ignore the symptoms, the end result could be harsher: diabetes is currently a leading cause of death by disease in Canada.

According to the Canadian Diabetes Association, there's been a 31 per cent increase in diabetes cases in Ontario alone. Surprisingly though, scientists say the increase, taking place over a five-year period, is actually a positive finding.

"The 31 per cent increase in the number of people living with diabetes is primarily due to people living longer with the condition," said Jan Hux, a scientist and lead author of Atlas, a report on diabetes in Ontario.

Hux said that such a large increase in the diabetic population raises concerns about the ability of Ontario's health-care system to handle the influx. "It (the diabetes increase) has significant implications ... in the perspectives of health-care providers and in terms of increased demand on limited health-care resources."

This makes new proposals like St. Mary's online service, essential to an efficient and effective health-care system. Unfortunately, results on the new program won't be available for another two years.

"The 31 per cent increase in the number of people living with diabetes is primarily due to people living longer with the condition."

Jan Hux,
lead author of Atlas

offered to an initial test group of about 200 diabetics in order to gauge its effectiveness as a treatment alternative. There will also be a control group of 200 patients from St. Mary's Hospital not using the online program.

While the service is not intended as a substitute for a doctor's advice, the program will answer general questions and offer diabetics advice on healthy diets and exercise. It's hoped the information provided on the Web site will help patients decrease both the stress

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Josh, 19
Aspiration: Photojournalist

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It's time to get off the couch and into the gym

By JEFF MORLEY

While it may seem impossible to get off the couch, the benefits of exercise far outweigh what is on television. Health Canada is working on new and fun ways for people to exercise with the publication of their recent physical activity guide.

The Health Canada Web site reports that 63 per cent of Canadians are not active enough to reap the health benefits of physical activity. Moreover, the Canadian government has set a target to decrease the number of inactive people by 10 per cent. If this goal is achieved the government estimates that they will save \$5 billion in lifetime costs lost to health care, sick days and lost tax revenue.

Health Canada maintains that exercise is a great way to reduce stress, strengthen your heart and lungs, increase your energy and improve your flexibility.

Sue Drais, a 50 year-old student taking the Canadian Fitness Development Association course at Conestoga, says that she exercises to control her weight, maintain the strength in her bones, and to benefit her overall health. Drais thought it important that students make exercise part of their routine and their daily life.

Drais says that she now exercises six times a week. It has become such a routine that she feels guilty when she misses a workout.

Health Canada says that to gain the health benefits of exercise it only takes one hour of physical activity a day. That hour of exercise can even be broken into 10-minute increments per day.

Exercise can be convenient and developed to fit your individual needs and be a lasting part of your daily routine.

The physical activity guide separates activity into three categories: endurance,



(Photo by Jeff Morley)

Richard Guy, a Conestoga paramedic student, works out at Conestoga's recreation centre. He says he is trying to get "an edge" on the younger students in his class.

flexibility and strength.

Endurance activities can include aerobics, running, and swimming. However, Health Canada also recommends more routine activities, such as dancing, yard and garden work or even walking.

Exercises to increase your flexibility include stretching, yoga and golf. Again these exercises can include the more mundane tasks of the day like mopping the floor, vacuuming or yard work. All of these tasks can easily fit into the routine of everyday life.

Physical exercise can also be derived from household activities, such as heavy yard work, raking and carrying leaves, climbing stairs and even carrying groceries. This exercise can be done at home or you could utilize facilities like the recreation centre here on campus and lift weights.

Richard Guy, 34, a Conestoga paramedic student, said that he has just started working out in the gym. He explained that paramedics need upper body strength as well as

good leg and back muscles. Guy hopes not only to increase his strength, but to attain a higher level of fitness.

By making important daily lifestyle choices a person can attain an increased level of physical activity that does not have to impede on daily life.

By improving your level of fitness you improve your quality of life. You increase your flexibility, endurance and strength while improving your posture, increasing your energy and reducing your stress.

Jason Shute, of Guelph, who was also taking the Canadian Fitness Professional Association course, maintains an active lifestyle devoting a lot of time to boxing and other sports. Shute said "A healthy body makes a healthy mind." So, get off the couch, stay healthy and have fun.

For more information contact Joy Hancock, the school nurse or go to the Health Canada Web site, www.hc-sc.gc.ca.

Be aware of poisonous spiders

By MICHELLE TAYLOR

Lately, more than students have been hanging around Room 4B15.

The journalism computer lab had a few visitors over the summer. They're black, they're big and they're making themselves at home. They're spiders and they're gross.

Nothing to be afraid of?

Well, just ask people who have reportedly been bitten by the brown recluse and hobo spiders. The spiders in the journalism lab are just typical garden spiders, but be aware if you ever travel to western Canada.

There has been a lot of speculation about whether or not the poisonous hobo and

brown recluse spiders have invaded Canada. In the case of the brown recluse there have been reports of bites caused by this spider, but there has been no legitimate proof of its existence in this country. The hobo spider, on the other hand, has made its way into British Columbia and Alberta.

According to an article by Darwin Vest on his Web site entitled, The Hobo Spider Story, there have been legitimate findings of the hobo spider in Prince Rupert, B.C., and Wainwright, Alta.

"The Prince Rupert area indicates a probable northern extension of the range of the hobo spider," wrote Vest, who, according to his Web site, disappeared from Idaho Falls in June, 1999. Family members, who now maintain his Web site, to this day do not know what happened to him. At the time of his disappearance police stated, the 48-year-old Vest vanished while walking home after a night on the town. His family suspects foul play.

These spiders cause serious wounds and can take up to two years to heal. In the case of the brown recluse, symptoms are often not felt for two to eight hours. Depending on a person's reaction, one can experience fever, nausea, joint pain and large hole-like lesions.

According to the Ohio State University Web site, the wound can range from the size of an adult's thumbnail to the span of a hand. Plastic surgery is sometimes required.

The hobo spider bite produces similar symptoms and is often mistaken for the brown recluse.

Brown recluse spiders are yellowish-tan to dark brown, about a quarter to a half inch long and have grayish to dark

brown legs covered with dark hairs. The spider's distinguishing mark is a violin-shaped marking on its back.

The hobo spider is about 12-18 millimetres long and the male has two protruding features that look like boxing gloves.

Robb Bennet, a seed pest management officer for The Entomological Society of British Columbia, believes the "hysteria" over the hobo spider is exaggerated. "The case against the hobo spider is vastly overstated," he said. "I doubt this spider is a medical problem at all."

Elizabeth Bream disagrees. In an article for North Shore News of Vancouver, Bream writes how she was bitten on her foot by a spider on a patio of a senior's centre. "Angry red streaks were traveling up my leg," she writes. "Both venom and infection were spreading and I urgently needed a doctor." Further research proved the existence of the hobo spider in her area. She suspects that is what bit her. Soon after she was treated, postponing her August vacation and forgoing exercise and swimming, her physician saw two more patients with identical wounds.

Think it's only the west coast where these spiders have been reported? Think again. There have been cases reported here in Ontario as well. A London woman experienced serious wounds from a spider bite in July of this year.

In an article by Marissa Nelson, the woman explains how "huge welts" appeared on her leg causing excruciating pain. She went to her family physician who diagnosed it as a spider bite. Her bite wounds were similar to those of the brown recluse; therefore her bite was blamed on the species.

CORRECTIONS

Two stories in the Sept. 30 issue of Spoke contained incorrect information.

One article, about a double cohort fact sheet being produced by the Registrar's Office, stated the sheet was prepared for students and faculty at the college. In fact, it was prepared for secondary school students and guidance counsellors.

In a story on tuition, incorrect information was supplied to Spoke about fees being frozen in B.C. In fact, the B.C. government lifted a six-year tuition fee freeze and is hiking fees.

Spoke apologizes for the errors.

It's that time of year again: Oktoberfest

By DANIEL ROTH

Large amounts of beer are being delivered, the polka bands are warming up and visitors are starting to invade our sleepy city. This only means one thing – it's time for Oktoberfest.

Every year around this time Kitchener and Waterloo welcome thousands of people to North America's largest Bavarian festival.

This year will mark the 33rd anniversary of Oktoberfest celebrations in the K-W area, but the history of the event dates back to the early 1800s in Germany.

The tradition began near Munich, Germany on Oct. 12, 1810 with the marriage of Crown Prince Ludwig, later to become King Ludwig I, and Princess Therese of Saxony-Hildburghause.

Around 40,000 people from Munich celebrated the joining of the couple. Beer was drank at this outdoor event, but the way in which it was consumed changes later in history.

Horse racing for the royal family marked the close of the event. The decision to repeat the horse races annually gave birth to the tradition of Oktoberfest. (The racing of horses slowly died out as years went on. It wasn't until 1960 it was a big event again, and that was only to mark the 150th anniversary of Oktoberfest.)

In 1818 a few swings and a carousel were added to the event for amusement. In 1820 beer booths were constructed to better accommodate the thirsty party-goers.

By 1835 the event swelled to 100,000 people, who consumed 240,000 measures (about a litre) of beer. In comparison by 1999 around 5.8 million measures of beer were consumed at the German event.

Oktoberfest wasn't celebrated in 1873 because of cholera.

In 1880 breweries began offering stoneware mugs with their signatures on them. Beer huts were also developed to shelter the visitors. The huts slowly morphed into beer castles around 1895. By 1903 the

more familiar beer tents were constructed to accommodate the masses.

In 1955 the stoneware mugs were replaced with glass mugs for health reason.

Today the event is as successful as ever, growing a little bit each year. The only thing to ever stop Oktoberfest in Germany was war and cholera.

The single carousel and few swings have been upgraded to a large amusement park and fun fair.

The horse races, which started the tradition, were phased out, but the big party with lots of beer consumption remained.

The celebrations in K-W were in started 1969. The Bavarian tradition was seen as an excellent opportunity to benefit the entire K-W community by celebrating the local German-Canadian heritage. What started out as a gathering in the Concordia club is now a nine-day event celebrated in 18 festhallen.

The local festivities begin with the tapping of the keg on the Friday of the Thanksgiving weekend.

This year events to see include the Miss Oktoberfest contest held on Oct. 10 at the Centre in the Square.

The tapping of the keg takes place at Kitchener Civic Square on Oct. 11. Festenhallen open at 11:30 a.m.

On Oct. 14 the annual Thanksgiving Day parade takes place. This event normally draws more than 300,000 people. At the parade you can participate in the Onkel Hans Food drive, which normally collects tens of thousands of pounds of food for the Food Bank of Waterloo Region.

The event wraps up on Oct. 19.

For more information you can go to the official Web site for K-W Oktoberfest at www.oktoberfest.ca

Information for this article was researched by Daniel Roth from a variety of Web sites. If you would like to visit, go to: www.aroescd.org, www.cullman.com, www.wcf.org and www.oktoberfest.ca.



In training

(Photo by James K. Doyle)

A fighter student performs a search and rescue drill at the college on Sept. 25.

Two new phones offer security on campus

By CARLA SANDHAM

Conestoga College recently installed two new emergency telephones to provide safety throughout the expanding campus.

The new phones are located in the west end of the second floor in the new E-wing and in the foyer of the wood skills building.

In addition to the two new phones, 11 other yellow, rectangular boxes housing the phones are strategically located within the college. Each location is marked by a red overhead sign labelled emergency telephone.

Al Hunter, head of college security, said the phones are a good idea because of the growing size of the campus.

"They (phones) raise peoples' comfort level knowing help is readily available wherever they are in the college," he added.

When a person pushes the button on the emergency device, which is wheelchair accessible, they are instantly connected to security services. Security is then able to pinpoint the exact location of the problem and send the nearest person to help.

Hunter said the button only needs to be pushed once and it will remain connected to security until

disarmed by security personnel.

Kim Radigan, health and safety co-ordinator at the college, said the phones are to be used for emergencies only. This may include medical and/or security emergencies.

Hunter added if people witness any criminal activity or feel they are in danger they can push the button for help.

Most colleges and universities use this safety measure, however, at the University of Waterloo phones are made available for anyone needing assistance. Staff Sgt. Wayne Shortt, of UW Police Services, said people use it to acquire information, arrange a Walk Safe pickup or to report vehicle damage and safety issues.

"A person can use the help phone for anything and doesn't have to determine what is and what is not an emergency," he said.

Also, UW and other colleges, such as Humber in Toronto, have emergency phones outside on college grounds.

As of yet, Conestoga does not have phones situated outside, but Radigan and Hunter said they are looking into it in the near future.

"It would be a good idea because our parking lots are getting farther away from the col-

lege," said Hunter, but added, they are expensive to install outside because of the wiring.

Shortt said it costs between \$6,000 and \$8,000 from start to finish for each phone, but added, "You can't put a dollar value on safety."

Bethaney Herbert, a 21-year-old student at Humber College, said she would never walk outside if her school didn't have outdoor emergency phones.

However, Alexandra Niecewporow and Jackie Valade, both third-year accounting students at Conestoga, said they are not afraid to walk outside here, but think outdoor phones would be a good idea.

In 1997, the idea of emergency phones was a suggestion from the Campus Safety for Women's group and was funded by a ministry grant. Since then, Radigan said, they have added on as they could and hope to eventually move outside. Until then, she said Walk Safe and improved lighting conditions are there to provide a safe atmosphere.

"It's a layering effect," said Hunter. "We have levels of security, such as video surveillance, Walk Safe and do general maintenance repairs, to make the college as safe as we can."

From the Sanctuary

A cleaner place to live

It's a sad day when the most pressing issue the CSI wants to discuss is how disgusting our students are. In fact, the students who lurk within the confines of the Sanctuary are probably the most disgusting individuals within all of Ontario's colleges.

Obviously something has sparked this off. And if you walk through the Sanctuary any time during the hours of 10 a.m. and 5 p.m., you'll understand what's going on.

Every year, the CSI faces this harsh issue of students not being able to pick up after themselves. Every year, the CSI watches as students seem to break their arms and legs when it comes to disposing of their garbage.

Wake up people. Your mommies aren't here anymore. You have to pick up after yourself now.

Our housekeeping staff is one of the best in all of Ontario. They work incredibly hard to make this school look beautiful for students and visitors.

But they are not your personal housekeeper. They are not maids. These individuals take great pride in how Conestoga College looks once they've put their skills to the test.

Before every event in the Sanctuary, the CSI does a little double-duty in picking up after its students. It takes approximately one hour to pick up after our students.

If a student cannot put the garbage they created into a proper garbage bin, they are not only showing what kind of person they are, they are also disrespecting the staff who try to make this place nice.

This issue is also one about health.

The stench of rotting food sometimes wafts through the Sanctuary. It's not uncommon to see browned apples, half-eaten sandwiches, pop spilled everywhere. Flies hang around the Sanctuary thriving off the garbage our students are too lazy to get rid of.

If students have no problems being pigs, then this is a tough issue for the CSI to tackle. The Sanctuary is our home. How would students like it if the CSI came into your home, dropped all of its garbage all over the place, trashed your home and then left without doing anything?

It's safe to say that students would be angry. Well if students are angry at the thought of the CSI coming into their homes and destroying them, why should the CSI roll over and allow the students to do the very same?

It would be incredibly easy for the CSI to forbid food in the Sanctuary. But that doesn't solve the problem at all. It also angers people because they have lost privileges they have paid for.

Rather, the problem needs to be solved by those students who leave their mess everywhere, expecting someone else to pick up after them. All it takes for this problem to go away is for the students who use the Sanctuary to simply put their garbage away. If that happens, there won't be a problem anymore.

- Jody Andruszkiewicz
CSI events programmer/co-ordinator

CSI advertisement



Murder not justifiable

When a gun is used as a weapon, it's described by some as a cowardly act.

Research by Statistics Canada found that firearms continue to be the weapon of choice in about one-third of all homicides. And three in four recovered handguns are not registered to the Canadian Firearms Centre. With less access to and more restrictions on handguns, more shootings could be averted.

Irresponsible gun use has made too many people victims. On Sept. 19, Patricia Sullivan, 57, was found dead outside a Canada Post sorting station on Trillium Drive in Kitchener. She received three gunshot wounds to her head and body.

Sullivan was the supervisor of Paul Tabor, 52, the man charged with first-degree murder in her death. Both were employees of Securitas, an independent security company hired by Canada Post.

Although security guards in Ontario are not allowed to carry firearms, Tabor had a gun. It has not been disclosed if he had a firearms licence.

The Canadian Firearms Centre states that before a licence is issued, safety checks on applicants are done. But it only takes once for an individual with a gun to lose control of his or her emotions.

Police say more than half of homicides committed in 2001 were the result of an argument, quarrel or incident creating a vengeful or jealous reaction.

Sullivan's shooting may have resulted from Tabor being let go by the company on Sept. 8, after a violation of company policies. It did not appear at the time that there was any need for concern. And there was nothing to prepare Sullivan for the outcome of Tabor's dismissal.

It is rare for a person to be killed by a co-worker in Waterloo Region. But on Feb. 3 1992, three employees at Ontario Glove in Waterloo were shot to death by a disgruntled co-worker, who was sentenced to life in prison.

The deceased is not the only victim in gun-related deaths. The families that are left to grieve are also victimized.

On Sept. 29 appropriately 300 people attended Sullivan's funeral. Among them were members of her family, friends, and co-workers. She was a mother, a sister, and a grandmother. One mourner described her death as unnecessary, needless and tragic.

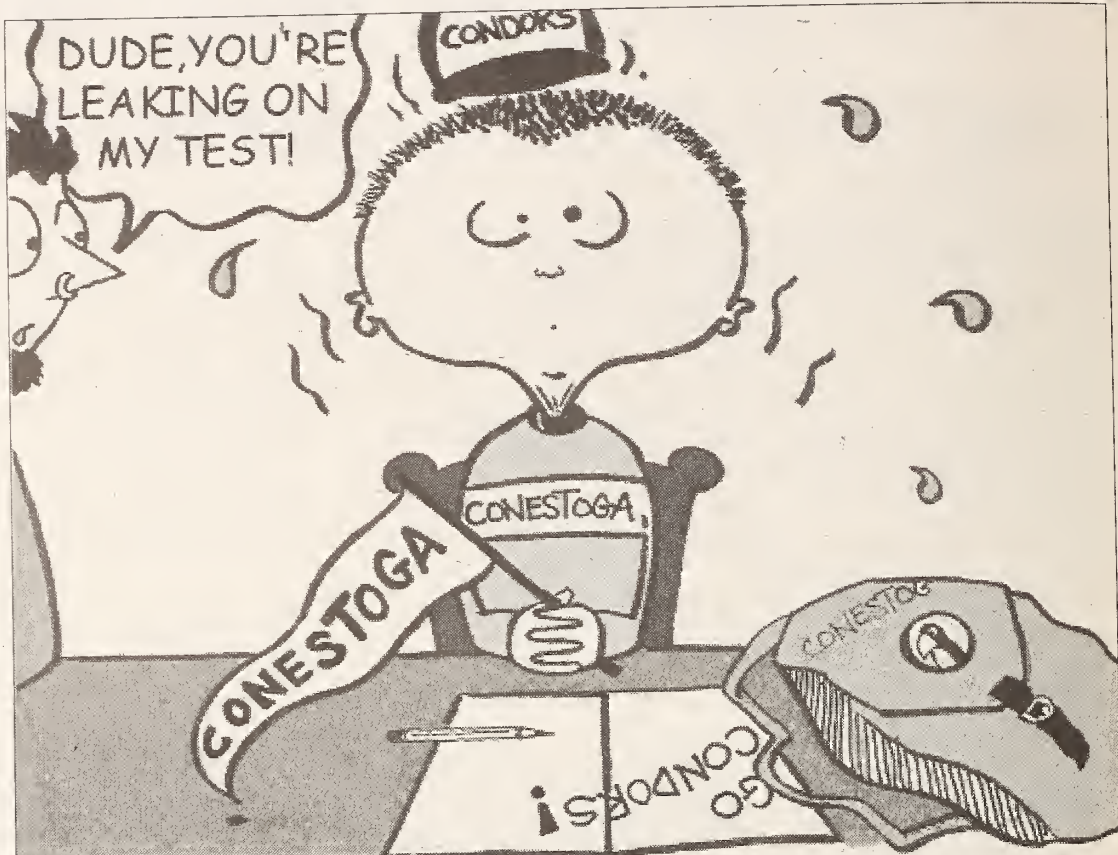
So what is the outcome of too much access to guns?

When firearms get into the wrong hands it has frighten possibilities. The idea that any person who has a disagreement could quite possible retaliate with a firearm is an occurrence that should never be on anyone's mind.

In Canada there have not been many acts of homicide with a gun. However, try to tell the family and friends of murder victims that misuse of firearms are isolated in its occurrences in the Waterloo Region.

It appears that people who do not resolve their aggression have a deadly means of releasing it. Guns should not be available to anyone who wishes to possess them.

Lenience on abusers will not eliminate the circulation of illegal weapons. Stronger gun restriction is a start in protecting Canadians from becoming the casualties of cowards.



IRONICALLY, FRIENDS HAD ALWAYS DESCRIBED CHESTER AS BURSTING WITH SCHOOL SPIRIT...

Where's spirit gone?

Our team is what? Red-hot. Our team is what? Red-hot. Our team is R-E-D-H-O-T, red, red, hot!

I can remember the good old high school days when everyone got out of class to cheer on the school's sports teams. Dressing up and painting our faces in school colours was a ritual as was renting school buses to travel to the team's away games while sporting homemade banners, rattling penny shakers and screaming cheers until our voices were nothing more than a crackling whisper. But that school spirit is now a distant memory.

In the three years I have attended this college, school spirit is one thing we lack. Let's get serious here. In high school we begged our teachers to let us go see the games.

However, now that we are in college, why is it that only one per cent of the student body shows up to home games? Sure, some might argue that they pay money to come to school and learn, and that going to the games would make them miss



Vanessa Laye

Opinion

out on valuable class time.

This is where you are wrong. All home games are scheduled after school so more people, especially students, can attend.

But school spirit shouldn't just be defined through sporting events. Spirit is what unites people from all different walks of life. It brings people together to celebrate in something that they all take a part in.

Conestoga College is what we are all a part of; we are a team of people that are proud to study at Conestoga. So why not celebrate and take part in the activities that surround us?

The Biz Bash, pub nights, toga parties, movie nights, bus trips, and fundraisers are just some of the

things we need to support.

I'm not saying you should attend every single activity that goes on at the college, but it is a good way to connect with the people that you pass by everyday in the hallways.

Nowadays more people are into sedative activities such as surfing the Net and watching television. Not only does this interfere with the development of our social skills, but it also deprives us of original thought and experiencing life for ourselves.

This is why participating in school activities is so important.

Going to college is an event that helps us to grow as a person and also in responsibility. As Pope John Paul II said, "Youth is not found in the body, but in the spirit."

As a part of the youth of our country, I feel that it is our responsibility to show this spirit, to encourage and support the endeavours of those around us and to become part of the activities that ultimately shape our lives.



Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published. Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

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Web site: www.conestogac.on.ca/spoke

Spoke is mainly funded from September to May by a payment from Conestoga Students Inc. (CSI) in exchange for the insertion of advertising in the paper. The views and opinions expressed in this newspaper do not necessarily reflect the views of Conestoga College or the CSI. Advertisers in Spoke are not endorsed by the CSI unless their advertisements contain the CSI logo. Spoke shall not be liable for any damages arising out of errors in advertising beyond the amount paid for the space. Letters to the editor are subject to acceptance or rejection and should be clearly written or typed; a MS Word document would be helpful. Letters must not contain any libellous statements.

Publisher brings cartoons to masses

By JULIANNA KERR

Do you dabble in doodling? Are you looking for some funny new comic strips? Or even better, do you want to draw your own? If so, www.kingkoalapress.com might be the place for you.

King Koala Press features a collection of six weekly cartoon strips. There is also an editorial page as well as information and background about the company's founders and its contributors.

Co-founders Marc Hulet, 25, and Dan Noble, 26, said this business was in the planning stages for close to two years. They are thrilled to finally have the Web site up and running and are in the process of adding new sections to the Web site that will feature short stories and poetry.

King Koala Press accepts submissions of art and writing from those who wish to contribute to the Web site. All those who send in work for publishing consideration may expect a personal response from Hulet or Noble.

"We want people who don't have another outlet to have the chance to show their stuff," Hulet said. "And once we become known, which will obviously take some time, we hope people will be interested in purchasing the work."

Hulet said he has high hopes for the future of the business.

"King Koala Press is strictly an

Internet publishing business right now, but we hope it will evolve into a publishing company in print as well," he said. "We also hope to expand to other people's Web sites and get into some merchandising."

Hulet said he hopes newspapers and magazines will one day be interested in purchasing cartoons and writing they've seen on the Web site. The company also aspires to publishing collections of cartoons in a comic book or magazine format.

For Hulet, starting up the Web site is the beginning of a dream coming to life.

"I love everything about it," he said. "I love the business aspect. I love updating the Web site and doing the writing and drawing. And I really love working with other creative people."

Hulet is currently enrolled in his last year of Conestoga's journalism program. He said it helps with his writing - and even with his cartoons. His editorial cartoons have been published in Conestoga's weekly newspaper Spoke for more than two years. His most recent accomplishment was landing the job of editorial cartoonist at The Londoner, a local weekly newspaper.

Hulet has always doodled in notebooks, usually when he was supposed to be paying attention to a teacher at the front of the room. But it was only recently that he

really immersed himself in drawing.

"I was in a ear accident about three years ago and I couldn't work for awhile," he said. "I was pretty much laid up at home so I pulled out the pens and paper and just started drawing. Ever since then, I haven't stopped."

Hulet said he would love to be able to support himself as a full-time cartoonist and writer.

"And I would also love to help other people realize their goals," he said.

King Koala Press co-founder Dan Noble shares that hope.

"I'd just like to get to the point where we can make a decent living off selling cartoons," he said, "and help others who may not have the opportunity to market their own."

Noble and Hulet have been friends since high school. Noble said they make a great team. "We both have a strange sense of humour. We have great rapport and a lot of similar interests."

Hulet said starting the business wasn't too difficult. He did a lot of research on his own and then had a brainstorming session with Noble.

"We sat down and talked about what we wanted to accomplish," Hulet said. "We decided King Koala Press would be a Web site to start off, since that was the cheapest way for us to get our names and our product out there to the largest number of people."



(Photo by Julianna Kerr)

Third-year journalism student Marc Hulet balances school, work and an Internet publishing business.

Students chill out with Bubble Tea in Sanctuary

By CARRIE HOTO

Bubble Tea, a creamy, cool tea complete with tapioca pearls, was served in the Sanctuary on Sept. 25.

The Sanctuary was turned into a coffee pub that featured board games, music, Sony PlayStation and a place to do homework for the small crowd in attendance.

Jay Mielke, vice-president of activities for Conestoga Students Incorporated (CSI), organized the event. He heard about Bubble Tea through word-of-mouth from friends that attend the University of Waterloo. His friends have tried Bubble Tea at the Sweet Dreams Tea Shop, located at 14-170 University Ave. W. in Waterloo.

Mielke has tried Bubble Tea once before and thought it would be a great event for the CSI to hold. "Most of our events are alcohol-based," said Mielke. The diverse event was intended to draw in different crowds. "Everyone who is an international student received an e-mail regarding the night," added Mielke.

Justin Faleoner, vice-president of academics for the CSI, said, "It's a really casual night... no pressure."

The unique tea originated in Taiwan in the early 1980s and has since been established all over the world.

Bubble Tea contains a cream flavoured powder, mixed with creamer, sweetener, tea and the tapioca pearls. The ingredients are put into a cocktail shaker then mixed vigorously with ice and

poured into a clear cup and served with an oversized straw to suck up the tapioca pearls. The pearls are black and chewy, a taste and texture that resembles gummy bears. They are round and approximately the size of a marble. The pearls look like bubbles in the drink, which is how the tea got its name, Bubble Tea.

Bubble Tea was served in two types, milk based, available in strawberry, banana, coconut and taro, or a sour flavour available in grape or raspberry.

Jonghee Kim, a first-year English as a second language student from Korea, said, "I have tried it many times in Korea," she added, "I like it so much."

Originally Sweet Dreams Teashop was supposed to be at the Sanctuary to help run the event, but they got too busy so they could not attend.

Mielke had to order Bubble Tea from Vancouver. He then had to teach himself how to make it. "It's hard to make the bubbles," adding, "Actually the whole thing is hard to make." He added he had to be taught how to make the drink over the phone and finally he was faxed instructions.

According to www.bubbletea-supply.com, Bubble Tea is also referred to as: boba tea, tapioca tea, boba naichi, pearl tea, milk tea, bubble drink, zhen zhou nai eha, tapioca pearl drink, momi, momi milk tea and QQ (which means chewy in Chinese).

The next Bubble Tea event will run on Oct. 16.

COUNSELLOR'S CORNER: Test Anxiety

Most students experience some anxiety before tests. In fact, a little anxiety increases your alertness and can actually enhance your performance. Anxiety however, can cross the line from being a positive energy to becoming a distressing drain. Often such anxiety has a strong worry component. Do any of these thoughts sound familiar?

Worry about performance:

- I should have studied more.
- I can't remember a thing; this always happens to me.
- My mind goes blank...I'm not cut out for this.
- I have to get an "A".

I'm going to mess up and look stupid.

Worry about what others are doing:

- Everyone seems to know this stuff but me.
- No one else looks like such a wreck—what a loser!
- Everyone's finished but me—I must be dumb.

Worry about negative consequences:

- What if I fail; I'll fail the course, the program...I'll never make anything of myself!
- I'll never get the job I want.
- I'll never be able to handle college studies.
- I'll have to ace everything else in the course—how can I do that?

Worry about bodily reactions:

- I feel sick—I'll never get through this.
- I'm sweating all over.
- Here it comes again. My hands are shaking; my head aches. Normal people don't do this.
- I feel like I'm going to get sick. Maybe I should leave.

Any of the above worries increase anxiety and actually perpetuate more worry and gives one the sense of losing control. However, as much as anxiety feels out of control, it is in fact, something that we can learn to overcome. There are many effective strategies we can use which will help us reduce our negative thought patterns, reduce the physiological anxiety response, and develop more effective behaviors to avoid falling into the anxiety cycle.

What can you do? There are many things that you can do to overcome your battle with test anxiety. Here are a few on-campus resources:

- Make an appointment with a counsellor in Student Services (2B02) to learn some effective test anxiety reduction strategies;
- Join a Test Anxiety group (check Spoke or visit Student Services to find the next available group);
- Join a Relaxation group for help with the physiological symptoms (check Spoke or visit Student Services to find the next available group);
- Read Edmund Bourne's *Anxiety and Phobia Workbook* in the LRC;
- Sign up for the Anxiety and Personal Performance Elective (Test Anxiety option) in Student Services.

A Message from Student Services (Room 2B02).

The turkey drops again this Thanksgiving

By LAURIE VANDENHOFF

The turkey drop eh?

This phenomenon happens every year when first-year university and college students return home for the Thanksgiving weekend, and use the time to break up with their boyfriends or girlfriends.

Because these freshman students have been away from home for more than a month, they have had the chance to taste freedom. At the same time, they are meeting hundreds of new and exciting people.

Suddenly their previous relationships seem tired and boring.

Keith Martin, a counsellor with Student Services at Conestoga College, says breakups usually occur around Thanksgiving because many students are going through a transition stage.

"Students are branching out into something new," he says. "They start to re-evaluate things they are involved in."

All of a sudden they are on their own and are experiencing a new sense of freedom they did not have before.

"Freedom, it's nuts," says Aaron Foster, a first-year aviation student, who lives at Conestoga's residence.

With no parents around, there is no one to tell you where to be or how to act.

And with hundreds of other students experiencing the same kind

of independence, new relationships and experiences are bound to develop.

"You're living in a place where there are 600 other people," says Foster. "If I was at home, I would be with the same people."

But it is newness and freedom that usually lead to the downfall of previous relationships.

The high school sweethearts and summer flings start to realize that living kilometres apart can sometimes cause serious problems, even in the strongest relationships.

What usually hurts the couple is the lack of communication and connection. It becomes even harder to continue when they are living far apart.

"With distance people in relationships don't have a daily connection," says Martin.

But this is not new to students.

Jamie Frink, a first-year wood-working technician student living at residence, says long-distance relationships do not work because the couple does not see each other every day. "And you meet so many people here, chances are you are going to meet someone you connect with."

Frink has already seen this situation happen. His roommate recently broke up with a girlfriend from home.

Like many students his age, he



(Photo by Laurie Vandenhoff)

The turkey drop is an annual event when first-year university and college students break up with their boyfriends and girlfriends.

met a girl with whom he connected.

"They just seem happier now because they get to see each other on a daily basis," says Frink of his roommate's new relationship.

Like Martin says, this type of scenario is common, especially with first-year students.

"In a relationship, if one person makes a transition, there is always a potential risk," he says. "Coming to school is one of these times.

Relationships will often break up if one person goes away to school."

In fact, it may not always be about meeting new people. As Martin points out, sometimes people's attention toward the relationship slips because they are concentrating on their studies.

An example Martin provided says that 70 per cent of serious relationships do not survive a doctoral program.

But not all couples have to break up because of a transition.

Martin says students should take some time and think about what and who they already have and decide what the best solution would be.

"It depends on how students view the relationship when they leave for school," he says.

Martin recommends that a couple should sit down and talk about commitment before the other person leaves.

"They should discuss how committed they are to one another, instead of expecting it," he says. "This way they both know where each other is coming from."

But there must be a conscious effort from both people to continue the contact.

Martin suggests regular phone calls and e-mails, as well as taking turns visiting each other.

However, all of this should be established before the move is made and it must be maintained if the relationship is going to survive the distance.

Sadly though, if one person does want to end it, Martin stresses the decision should not be made in haste.

"Regrets usually occur if the person does it on the spur of the moment," he says. "It is better to put a relationship on hold, rather than close the door."

College students keep comics alive

By JASON MIDDLETON

There is a new trend in comic books and chances are if you are between the ages of 18 and 40 years old you're part of the target audience.

Comic books are growing up, as are the people who were raised on them.

"There seems to be a trend in taking comic books more seriously," said Barry Lyga, the marketing communications manager for Diamond Comic Distributors.

Lyga said, "You've got Time Magazine, Entertainment Weekly and Publishers doing regular reviews of comic books alongside regular books."

Andy Brast, 39, who owns Waterloo's Carry On Comics and Books, explained that comics are growing up.

"Now half the comics being produced are at such a mature level they just appeal to adults," said Brast, who bought his first comic in 1969 in western Germany.

"I get a lot of 18- to 20-year-old college students who come and start reading (comic books)."

"We sell a lot more expensive paperbacks," Brast said.

Paperbacks collect eight to 10 issues of a comic but instead of being sold individually they are sold in a larger book form.

Brast said that sales of these paperbacks have increased by 240 per cent in the past year.

In that same time period the store has seen a 15 to 20 per cent

increase in business, but Brast does not think summer's blockbuster movie Spider-Man played an extensive role in helping to boost the industry.

"It's really difficult to say (that the Spider-Man movie helped sales) because just as the movie came out the comic book Spider-Man picked up with amazing art and a great story," Brast added, "We had doubled sales before the movie came out."

Lour Mavros, 42, a regular at Carry On Comics, started collecting comics 30 years ago when he first moved to Canada from Greece.

"Comics are how I learned to speak English," he said.

"It was kind of fun when you had a youthful energy around but you know it's the same guys that have been coming to Andy's store for 10 years," Mavros added that with no new customers being introduced to comics he has no idea where the industry is headed.

According to Erin Loshaw, a cashier at Planet Groove, a kiosk that sells T-shirts in Fairview Mall, sales of comic book hero T-shirts have been extremely popular.

"This is the only place in town that you can find most of these shirts, including the Fantastic Four, Incredible Hulk, the Transformers and the Green Lantern," said Loshaw.

Most of the customers are college and university students who are excited when they see heroes from their childhood on a T-shirt.

TEST ANXIETY WORKSHOP



DO YOU DO THE FOLLOWING?

- ◆ Complete your work, are successful on assignments, but your test marks pull you down.
- ◆ Get so nervous that you feel sick to your stomach.
- ◆ Experience panicky sensations and find that your mind goes blank before or during a test.

SIGN UP FOR A TEST ANXIETY WORKSHOP

To register bring a copy of your timetable and sign up in STUDENT SERVICES (2B02) before Wednesday, October 23rd.

Common hours will be selected from submitted student timetables.

This "four session" group is available beginning the week of October 28th.

Workshop Facilitator - Joan Magazine

Helping Workshops Test Anxiety Workshops

Conestoga offers new CD-ROM courses

Students can learn computer programs while relaxing in their own homes

By BLAKE GALL

Information technology training at Conestoga College is making its way into your home.

Conestoga has launched a new set of CD-ROM courses that allow people to extend their knowledge from their own PC.

Purchasing a course gives you a CD-ROM with all the materials needed to complete it successfully.

The benefit of no time limits allows users to learn at their own pace.

If something is harder to grasp, a person can simply go back and try it again.

Four of the courses are available for \$99 plus GST. They are:

Microsoft Access 2000 covers creating and maintaining a database, creating tables, working with data and publishing information.

Microsoft Excel 2000 covers

Purchasing a course gives you a CD-ROM with all the materials needed to complete it successfully.

creating a spreadsheet, number formatting, customizing the environment, using formulas, analyzing information and importing/exporting data.

Microsoft PowerPoint 2000 teaches users to create presentations, add text, change slide design and add visual elements along with many other things.

Microsoft 2000 focuses on creating a document, toolbars, formatting, printing, enhancing documents, templates and macros.

If you are a big spender then you can invest \$245 plus GST to receive Microsoft Office 2000.

The course combines all the others on one CD along with Windows 98, Outlook 2000 and Office Integration 2000.

All the courses are for self-development and therefore they cannot be used as credits to be exempt from any regular college classes.

However, they are an excellent tool to get yourself ahead in the world of computers.

To purchase any of these courses or for further information about the new CD-ROM courses, contact Diane LePage at ext. 3373.

Remember, all this and you didn't even leave your house. So put on your comfortable pajamas, buy a course and get friendly with your computer.

International studies don't count at college

By VALENTINA RAPOPORT

Are you culture smart?

Students graduating from Cameron Heights Collegiate Institute in 2002 will be the first Kitchener-Waterloo students to graduate from an international studies program.

The high school, located at 34 Courtland Dr. in Kitchener, is the only school in the K-W area to offer international studies, and as of this year, offers the International Baccalaureate (IB) diploma.

The closest schools in the region to offer this diploma are in London and Mississauga.

"In the not too distant future you'll see it as part of all school curriculums," said Cameron's International studies co-ordinator Roger Roth.

The Cameron International Studies (CIS) program combines the Ontario Secondary Studies Diploma (OSSD) requirements with an enhanced curriculum that places emphasis on international understanding and responsible citizenship. Students in Grade 9 must take five compulsory courses that are enriched with international content and perspective including, English, French, geography, science and math. In Grade 10 they must take enriched science and history.

The international studies program offers three types of studies resulting in certificates, the international studies honours program, the ambassadors program and the international engineering technology program.

The international studies honours program is an advanced academic option that enables students to negotiate their study pace as well as give them the opportunity to pursue topics of their choice in detail. Students must finish with an average of 75 per cent to achieve the honours certificate.

The ambassadors program encourages individuals to become life-long culture smart learners with global issues and awareness. Students must



Lesley Elizabeth Gartner, Katie Goodall and Tiffany Henry, all 14 years old, are among the Grade 9 students in international studies at Cameron Heights Collegiate. (Photo by Valentina Rapoport)

finish with an average of 65 per cent.

The international engineering technology program is a curriculum that focuses on international building, machinery, water systems and sewage designs. Students must finish with a 65 per cent average.

All three programs also require 40 hours of international-based volunteer activities as well as a one-third language credit or three French language credits.

The International Baccalaureate diploma offered at the school is based on internationally recognized curriculum that can be administered in any country.

According to the International Baccalaureate Organization Web site (www.ibo.org), the diploma is offered in 112 countries and in more than 30 schools in Ontario.

Students are introduced to the IB studies in Grade 9 through a preparatory IB studies program. The students move in congregated groups throughout Grades 9 and 10 in English, French, math and science

courses. Students can then enter into the IB diploma program once they reach Grades 11 and 12 if they've managed to maintain a 75 per cent average in these courses.

The IB diploma consists of six subjects including first language, second language, individuals and societies, math, arts, electives and experimental sciences. Courses such as English, history and biology are taken at a higher level where they are equivalent to two or three enriched OSSD credits. French and math are taken at a more standard level, equivalent to two enriched OSSD credits. Students must also take a theory of knowledge course, where they reflect on what they've learned throughout the program.

In addition to the courses, students must write a 4,000-word essay about one of the topics specified in the IB curriculum, and participate in 50 hours of community service, 50 hours of athletic activities and 50 hours of extra curricular activities.

Since the IB diploma fully meets

and often exceeds the OSSD requirements, students who graduate with the IB diploma are graduating with dual qualifications.

"Universities welcome these students with open arms," said Roth.

While some universities in Canada grant up to six first-year university credits to students with the IB diploma, colleges in the area are unfamiliar with either program.

According to associate registrar at Conestoga College Jennifer Leith, the registrar's office at the college is unaware of the programs.

"We don't have any codes from high schools that reflect these courses," she said, adding, "I think we need to know more about what it is." Dean of Conestoga's engineering technology program Mike McClements hasn't heard about the IB or CIS programs either. According to McClements, students from these programs wanting advancement within the college must provide a detailed course description.

OVERCOMING PUBLIC SPEAKING ANXIETY GROUP

- Are you anxious about public speaking?
- Avoid doing speeches at all costs?
- Accept a "0" in the public speaking part of a course rather than make the speech?
- This 4 session group will begin the week of October 28th.
- Meeting times to be determined from students' timetables.
- Facilitators - Shawna Bernard
- To register, bring a copy of your timetable to Student Services, Room 2B02 by Wednesday, October 23rd.



A shagadelic biz bash

Austin Powers apparel filled the Sanctuary at the groovy event on Sept. 26.



(Photo by Andrea R. Smith)

Sebastian Pladwig, 22, flips his toonie to try and win a bottle of Crown Royale in the toonie toss, which was later won by Matthew Conkin.



(Photo by Andrea R. Smith)

Sarah Colein, 19, who was decked out in a colourful, slinky dress with an outrageously bright boa, shimmied across the dance floor. Conestoga students dressed up Austin Powers style to liven up the party.



(Photo by Andrea R. Smith)

Ginny Hawkrigg, 21, shackles up with Jay Funston, 21, just for fun. The two were inseparable for the remainder of the night.



(Photo by Andrea R. Smith)

Adam Duce, president of the CBSA, flashes his groovin' Austin Powers outfit.

A day in the life of Conestoga students



(Photo by Stacey McCarthy)
Jamie Strickland, a first-year civil engineering student lines up a shot in the Sanctuary on Sept. 26.



(Photo by Blake Gall)
Conestoga students enjoy a cigarette while seeking refuge from the rain on Sept. 28. The shelter was constructed between Door 1 and Door 2 so smokers do not block the entrances.



(Photo by Vanessa Laye)
Mary Baes, a first-year nursing student, enjoys the sunshine while she studies outside Door 5 on Sept. 24.



(Photo by Janine Toms)
First-year marketing student Paula Gallery enjoys a bite to eat with first-year graphic design student Parrell Cooke on a sunny September afternoon. In order to save money on lunch Cooke brought his leftover Swiss Chalet dinner to school. However, Cooke had to do some problem solving when he forgot his napkins at home.



(Photo by Michelle Taylor)
Scott Peters, a police foundations student, catches the ball while practising rugby with his teammates in front of the recreation centre on Sept. 26. The team was preparing for their Sept. 28 game against Georgian College, which Conestoga lost 40-12.

Mild winter expected for Canadians

By JULIE GRAHAM

Every year it hits us like a ton of bricks and we are never prepared. All we can do is shovel our way out and complain for hours on end about winter and the cold weather it brings.

However, we may be able to rest easy. According to David Phillips, the senior climatologist with Environment Canada, this year's winter could be milder than normal.

"We have a provisional forecast out that was issued on the first of September for the winter period of December, January and February. Come the first of December, we will issue our official forecast for the period. But, the provisional forecast is showing warmer-than-normal conditions over most of southern Canada," said Phillips.

As for the forecast here in the Kitchener-Waterloo area, local weatherman Dave MacDonald from CKCO News, said he is unsure what winter will produce.

"I have heard that it will be a mild winter, and that it will be cold with lots of snow. Care to flip a coin?" asked MacDonald.

Phillips was more certain of Environment Canada's forecast. "It is an El Nino year with a warm pool of water off the coast of South America that does produce warmer-than-normal winters generally," said Phillips. "Statistically, by far, most winters that are El Nino winters tend to be rather balmy here in Canada.

"It doesn't look like a good year for recreational skiing, ice fishing and snowmobiling. Those enthusiasts had a bad year last year. In fact, last year was the warmest winter on record. So I think the forecast that I would give would be that this winter will be milder than normal, but not as mild as last winter," he said.

Phillips also said this year has been interesting from a weather point of view. "We have gone 20 seasons in a row with warmer-than-normal temperatures in Canada and then the spring of this year was cool-

er than normal," he said. "The summer was warmer than normal over most parts of Canada. In Ontario it was another dry summer. Last year was the driest on record and this year was up there in the Top 10 of driest. So those back-to-back dry summers were somewhat alarming and of concern, especially to a lot of farmers."

As for the warmer weather we have been enjoying throughout September, MacDonald said we can only hope the trend continues into October and November. He said he understands the complaints he hears about winter.

"We live in Canada, the best country in the world, and winter is just a part of Canadian life. So I guess we have to accept it, and look forward to what will be ahead in the coming spring and summer," he said.

Regarding snow accumulation, Phillips said it is literally all up in the air. "If you get those cold Arctic blasts that could produce more lake-effect snow, with more moist air

mass coming from the United States, if it bumps into cold air sitting over Canada, especially southern Ontario, it could produce more snow events.

"Normally, warmer than normal (temperatures) produces more rain than snow because systems coming from the United States are pretty warm. If (the system) goes north of us here in southern Ontario, it puts us in the warm sector and we normally get rain instead of snow. But right over the Great Lakes, if the system moves south of us, we're still in the warm air and with the cold air to the north, that could produce some messy kind of days."

MacDonald is also unsure of what El Nino or other atmospheric conditions will bring to southern Ontario. "It is never simple, as there are hundreds of things in the atmosphere and on the ground that can affect the weather, and it can never be blamed on just one phenomenon," he said.

However, Phillips said, cold or warm, it all depends on your own

point of view. "I never see weather as being good news or bad news because no matter what the weather, somebody's making a buck off of it. If you like your winters warm and balmy and snow-free, like it was last year, then it is a good-news story. If you like winter recreation and you like the cold season, you may be disappointed."

"In my business I never editorialize that the weather is good or bad because even a hurricane can bring adequate moisture to regions that are short of precipitation," said Phillips.

"We tend to have short memories when it comes to the weather. We remember the weather a year ago and that becomes the standard or the frame from which we compare the current season. I think that since we haven't had brutally tough winters in so long, if we got one that was even marginally cooler than normal, most Canadians would think that the ice age had arrived."

Late and unavailable textbooks causing students grief in some college courses

By REBECCA LEARN

Textbooks are coming in later than ever for some Conestoga students this year.

A few students have been waiting up to four weeks for their textbooks to arrive at the bookstore.

Marketing students say the textbook for their international market-

ing course was terribly flawed.

Shauna Judar, 22, said her international marketing textbook came in but pages were missing, words misspelled and grammar and layout were "screwed up."

Judar said she has been using the misprint for approximately a month.

She said, "They realized the book was messed up the first week

and it was supposed to come in a couple days later" but it still hasn't come.

Judar said her teacher has told them that he would rather not go through McGraw-Hill anymore. She said he would rather order the books himself instead but isn't allowed.

Stacey Fink, 22, is in the same course and she thinks "we should

have a used bookstore like the one at Mohawk" because some students don't want to buy everything new.

Computer engineering student Mahar Albasel said he has been waiting about a week for his lab book for his digital fundamentals course.

Albasel, 22, said he is waiting for the teacher to get back to try to

get a copy of hers.

"Basically I can't do labs and I can't do the pre-work," he said.

Albasel said he thinks they should make sure there are enough copies for the supposed enrolment in the course.

"Like the student success book says, 'Be prepared for the unexpected,'" he said.

Awards, Bursaries & Scholarships

THE MAC VOISIN SCHOLARSHIP

This scholarship has been established to honour Mac Voisin, a Kitchener business leader and entrepreneur, who founded the M&M Meat Shop chain of franchises.

Award Criteria:

The Mac Voisin Scholarship is awarded annually to those students registered in the first year of any three-year Business program at Conestoga College. The award will be given to student who is either a Canadian, Chinese or permanent resident and who:

- Has entered their first year of studies in September 2002 directly from high school and one of the following programs: Business Administration, Accounting, Management Studies, Marketing, Materials Management, Financial Planning or Computer Programming Analysis
- Has achieved an overall average of 80% in Grade 12 subjects
- Has demonstrated leadership during the past two years of high school
- Has demonstrated volunteerism either in high school or in the community.

Value of Award

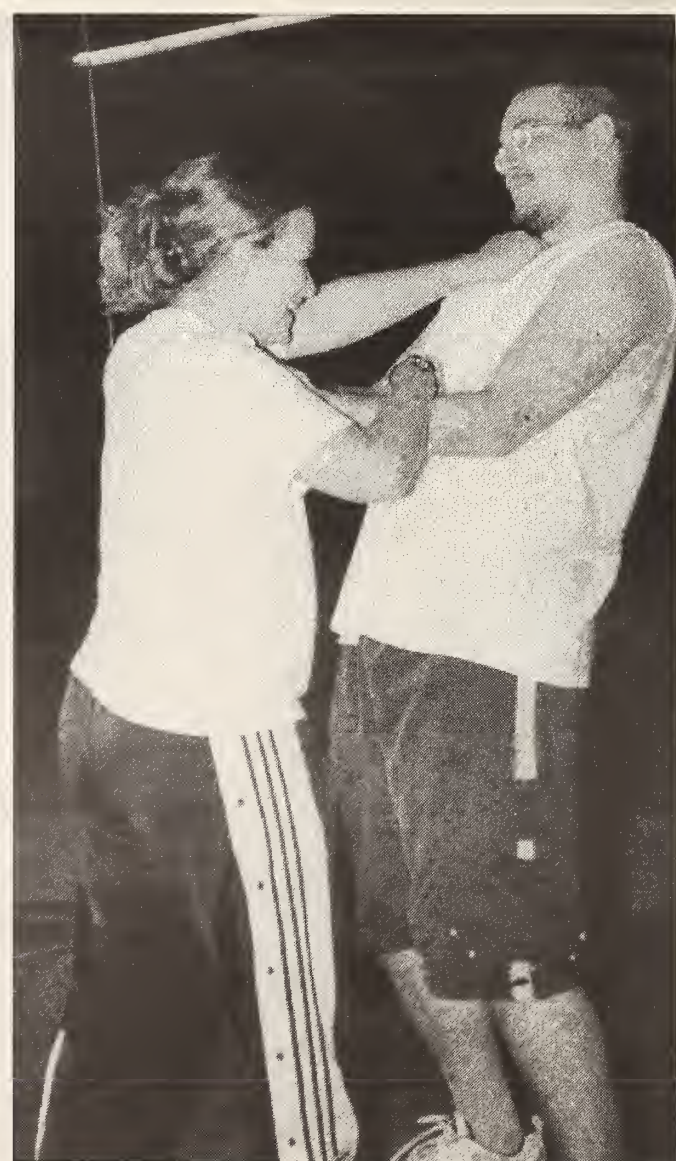
- The value of the award is \$500.00 to each of the three recipients

Guidelines for Submission of Applications:

- Complete the application form (See reverse)
- Provide your own letter outlining your activities that demonstrate leadership and your volunteer work
- Provide a transcript of your High School marks
- Submit your application and all supporting documentation to: Jeanne Henson, Associate Registrar, Awards/Financial Aid, SCB, Doon Campus

Deadline:

- Thursday, October 31, 2002



(Photo by Carla Sandham)

A shot in the neck

Cherie Szozda, a second-year accounting student, and Aaron Gray, a second-year police foundations student, practise the "throat poke" during a self-defence class at the recreation centre.

Painkillers kill pain and people

By PETR CIHACEK

Think twice before you start taking Tylenol or other painkillers because they could eventually destroy your life or even kill you.

"I never realized that Tylenol was so addictive," said Garry from Kitchener who was on the pills for 12 years. "They should have a label on it that Tylenol is addictive."

Garry, who refused to give his last name, started taking the painkiller after an injury in 1982. He ended up taking 80 pills a day. "I was surprised my liver went through it," he said, adding that he was homeless and spent his days "cruising drugstores, searching for Tylenol."

"My liver started to go," recalled Garry. "(It was) throbbing, aching and swelling. I knew I needed some help."

Luckily, the help came before it was too late. In September 2001, Garry started the Methadone Maintenance Program at the Kitchener methadone clinic. And as he said, his life has been "totally different ever since."

"They saved my life. I would not be here if it were not this clinic."

Garry now has a place to live, works for his landlord, and instead of cruising drugstores, he bikes everyday to the clinic to get his dose of methadone.

The clinic's office manager JoAnne Robinson explained, "Methadone is a blocker for opiate-based drugs."

"It lasts 24 to 36 hours and takes away the physical want of taking the drug of choice," she said.

In order to beat their addiction, people should stay on the Methadone Maintenance Program and get their daily dose of methadone for at least 12 months.

The cost of the program is \$35 per week and it is free for people on social assistance and people who have a drug plan.

"It is making me so happy to know I will be drug free," said Garry who will stay on the pro-

gram for one more year. "There was no hope before."

Unfortunately, not everyone was so lucky. Garry's friend, who never sought any professional help, died just a month ago from overdosing on Percodan, which is an ordinary painkiller.

"The majority of our clientele are here not for heroin, they are here for pills," said Robinson. "People think they are junkies. And they are not."

There are around 160 people on the Methadone Maintenance Program at the Kitchener clinic.

"The youngest one is 18 and the oldest is 58," said Robinson. "It is a sad crowd."

Fortunately, members of the clinic staff help to make their clients' life brighter. According to Robinson, the improvement is noticeable within the first week.

"It is absolutely amazing to see them coming in the first day, looking rough and not looking well," she said. "And you see them a week later and their clothes are a little bit better, they are clean, they are shaved. You are looking at them, going 'wow.'"

Robinson also said the program is about 90 to 95 per cent successful "in the sense of people having their life again."

"Those who have left us are doing well and staying clean," she said with a big smile.

The clinic's clientele includes people on social assistance, people with criminal records, but also people who have jobs and families, and even university students.

**"They saved my life.
I would not be here if it
were not for this clinic."**

*Garry,
methadone clinic patient*

One of them is Aaron Fisher from Waterloo. The 25-year-old Wilfrid Laurier University student has been on the Methadone Maintenance Program for 18 months.



(Photo by Petr Cihacek)

Office manager JoAnne Robinson, 39, drinks coffee with one of her clients, who wished to stay anonymous, in front of the methadone clinic at 509 Park St. in Kitchener.

Fisher became addicted to heroin when he was 18 and switched to morphine five years later.

"It had a glamorous look," he said of his first months as an addict. "Things worked out at the beginning."

Fisher said he used to take "stuff from the house" and sell it to buy drugs. However, soon there was nothing left to take and he also started to experience severe medical problems.

"My face was sinking. I had abscesses literally all over my arm," he said and added that he had seizures when he did not get his drug.

Realizing his situation, Fisher

started the Methadone Maintenance Program. However, the first year on the program he continued injecting morphine.

**"My face was sinking.
I had abscesses literally
all over my arm."**

*Aaron Fisher,
methadone clinic patient.*

"Methadone was like a crutch for me," he said. "If I did not have any other drugs, I used methadone."

Fisher managed to get off narcotics last March. However, he

started to drink soon after. He said that from March to July, his alcoholism was "out of control," but he has overcome this crisis as well.

"Right now I'm down to two to three drinks a week."

Last September, Fisher started to take the Bachelor of Arts Program at Wilfrid Laurier University in Waterloo.

He is going to be on the Methadone Maintenance

Program until January 2003 and hopes to get his alcoholism under control by then. His hands are still shaking but he is opiate free and his weight has gone up from 43 to 65 kilograms.

SUICIDE PREVENTION WORKSHOP

**Thursday, October 31st
1:30 - 3:00 p.m.**

Location: 3E02

**FREE Information Session for
College Employees and Students**

Health services has new staff

By IZABELA ZARZYCKA

Health services has some new blood.

Two new doctors and one secretary have joined the college this year.

Dr. Janet Warren of Guelph is one of the new physicians that came to Conestoga College. She is a family physician with a practice in Guelph and also practised in St. Catharines and part-time at Niagara College. She has been at Conestoga for about three weeks.

There were some changes that Warren had to get used to after coming from Guelph to Conestoga, with the biggest one being the small space she has to work in. She said that the office is much smaller than what she was used to.

"There is only one room," Warren said, which makes it busy during the day. She also said that there is a great need for doctors at the college because her appointment book gets filled quickly.

Warren is only available at the

college on Tuesday mornings by appointment.

She said she enjoys working at the college because "the staff is very friendly and the students are co-operative."

Warren was born in South Africa and moved to Canada 27 years ago. She graduated from the University of Toronto in 1989. Later she worked in Timmins, Ont., for two years as a family physician and later moved to Guelph.

The new secretary that joined the staff is Sue Wienecke. She has worked in health care for 25 years. Since 1998, Wienecke has been with Conestoga College working in health sciences. She has also worked on the continuing education catalogue. This year she moved to health services to become a secretary because she was looking for an employment change and more variety in her work.

Dr. Maria Healy, the second physician who is new to the campus, refused to be interviewed.

Friends' final year doesn't interest everyone

By JASON NOE

On Sept. 26, the NBC series *Friends* entered its ninth and final season after winning an Emmy award the previous Sunday for best comedy series.

The show has been extremely popular over the last eight seasons, and will be gone once next May rolls around. *Friends* was normally on at 8 p.m. for the first several years of its existence, but was bumped to 7:30 p.m. after *Survivor* gained popularity.

There are some viewers that tuned the show out in the last few



VanderPloeg

years thinking the sitcom had become less funny and boring, while others remained loyal and watched the trials and tribulations of the six New York friends week after week. But seeing as this is the swan song for the show, maybe some viewers that have tuned out will return and watch the final season. Several Conestoga College students were asked the question, Will you be watching the final season of *Friends*?

"Yeah, I watch *Friends* whenever it's on," said Heather VanderPloeg, a second-year general arts and sci-



Costello

ences student. "It's one of my favourite shows and I'd rather watch it than any other show that's on right now." "I'm going to watch it now that we have cable," said Eva Costello, another second-year general arts and sciences student. "It's one of the shows I watch the most, but I don't like the repeats."

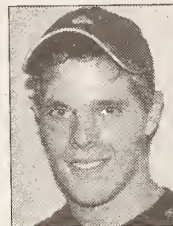
This past week was the season premiere and saw Joey (Matt LeBlanc) appear to have proposed to Rachel (Jennifer Aniston) after the birth of her daughter Emma. The plot also saw Chandler (Matthew Perry) and Monica (Courteney Cox Arquette) continuing to try and conceive a baby of their own.

Rich Morgan, an electronics engineering student, doesn't think the last season of the show will make him watch it. "I've watched it

every now and again, but I won't be watching the last season. It's not the end of the world."

"I probably won't be watching the last season," said second-year law and security student Brent Gravelle. "I lost interest in the show a long time ago."

A few floors below Gravelle in residence, another second-year law and security student, Rachel VanderSterre, shares the opposite opinion. "I'll definitely be watching the final season of *Friends*, because it's the best comedy on television right now." Asked if she watched the first



Morgan

episode of the new season, her expression changes. "No, I missed it because I wasn't home, but I wish I could have seen it." Thankfully though she did find out what happened on the show. "My friend saw it and filled me in on what went down."

The opinions seem to be split on who is going to be watching the final season of *Friends*. A lot of the students at Conestoga College no doubt grew up watching the sitcom through high school and will continue to watch until the final episode. That's one year shy of a decade for the series.

CSI, The Osbournes popular on TV and Internet

By MARC HULET

This week's look at fun and interesting Web sites is all about aging rock stars and dead bodies.

With the fall TV schedule up and running there is no better time to preview a couple of the more popular show's official Web sites.

And there aren't many shows out there more popular than *CSI* and *The Osbournes*.

The *CSI* Web site (www.cbs.com/primetime/csi) is striking. The designers of the site have matched the mood of the TV show perfectly. Entering the Web site makes you feel like you're walking down a dark, dreary hallway towards the coroner's room to examine a dead body.

The Osbournes' Web site (www.mtv.com/onair/osbournes) is not nearly as professionally designed. The main page of the site is a mash of images and colours seemingly mixed together with no grand scheme in mind. If I hadn't known better, I would have thought the site was put up in haste by a

crazed fan - not a professional Web designer with an MTV budget.

The content of the *CSI* Web site was also impressive.

Web surfing *CSI* fans can read up on past episodes they may have missed with indepth recaps and still photos.

There is a personnel section



(Internet photo)

where you can read up on all the shows characters and learn information even the most hardcore fan may not know.

For example, did you know Gil Grissom was the youngest coroner

in L.A. County history at the age of 22?

Did you know Warrick Brown helped put himself through college by digging graves?

Or that Catherine Willows recovered from a cocaine addiction and spent her early years as an exotic dancer?

The *CSI* site also offers a look at different tools used by crime scene investigators, coroners and lab technicians. You can click on different items and learn about alginate, mikrosil and ninhydrin.

The crime lab section allows you to tour different areas of the *CSI* building, including Grissom's office, the DNA lab and ballistics. By clicking on different items in the room you can learn about them and get a close-up view.

The site also has a chat area for *CSI* fans and you can test your knowledge of the show with a quiz section.

Once again the Osbournes' Web site plays second fiddle to the *CSI* site.

The content of the site is sorely

lacking and, frankly, not that interesting. It doesn't really build from the show. It chooses instead to rehash and reiterate things seen and heard on the show.

The meet the family section of the site held promise but pretty much fizzles flat. For those looking for juicy information on Ozzy, his



(Internet photo)

wife Sharon or their children Jack and Kelly look elsewhere. This section is nothing more than your run-of-the-mill question and answer period where the interviewer has asked all the same questions we

have seen posed to the Osbournes since the show first hit the air.

There is a virtual tour of the home. It offers a limited number of photos and less than dazzling information on each of the rooms.

There is also an outdated diary section where the family members have been pretty much forced - according to Jack Osbourne - to say something witty or informative. The diaries don't offer a lot of personal insight into the family.

The Osbournes' site also offers a message board for fans to post their message in hopes their favourite Ozzy clan member might view it.

After spending equal time on each site it is clear more time and effort has been put into appeasing the fans of *CSI*. The Osbourne site appears to be a half-hearted attempt to satisfy diehard fans or, more likely, it is viewed simply as one more way to cash in on the popularity of the unabashed Osbournes.

For my surfing pleasure I'll take dead bodies over the aging rock star any day.

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Wild about Oscar Wilde

By HALLEY McPOLIN

Theatre and Company in downtown Kitchener is off to an impressive start this season as their rendition of Oscar Wilde's *An Ideal Husband* wrapped up successfully.

The satirical play, which revolves around a couple, a political scandal and a budding romance, is understandably one of Wilde's more difficult plays to pull off. After the recent Hollywood release of *The Importance of Being Earnest*, which starred Reese Witherspoon and Rupert Everett, most audiences have come to expect a more fast-paced and witty performance from the playwright. This play, however, is focused more on political satire than public ridicule.

Although Wilde has always poked fun at the upper class in his plays and stories, which include *The Picture of Dorian Gray*, *A Woman of No Importance* and *Salomé* among those mentioned, it's easy to find many of the jokes dated and out-of-touch if they are not executed skillfully. In the case of *An Ideal Husband*, the company did a fine job and brought the audience to laughter easily.

It's important to note that much of the comedy in Wilde's plays rely primarily on satire and word play. Script alone, however, cannot do the job when it comes to a three-hour play, such as *An Ideal Husband*. Facial expression, tone of voice and mannerisms are all of utmost importance on stage to keep the audience interested. Fortunately, all the actors in question were superb in this department.

Michael Peng, who played Lord Goring, was an excellent example of melodrama at it's best. His character is one of the most important in the play: a recurring character — though always known by a different name — which appears in most of Wilde's work. Thought to be a representation of Wilde himself, this character is always the most witty, cynical and thoroughly vain. Peng, who has been with the theatre for nine years, gave a wonderfully convincing performance, right down to his unobtrusive glances in the mirror every now and then.

Two other superb performances that should be mentioned are that of Jonathan Harrison, who played Goring's father, Lord Caversham, and Jean J. Wright, playing Lady Markby. Harrison, who has more than 35 years of stage experience, was undoubtedly the champion of comedy when it came to this play — even though his character didn't necessarily have the funniest lines. Wright, who has more than 60 years of stage experience, is making her debut at Theatre and Company with this show and

couldn't have done a better job. Both gave convincing interpretations of the upper-crust, British elite that, even though their characters were minor, held the play together beautifully.

The set design was simple and effective, with scene changes consisting of shifted furniture and moving walls. The stagehands were dressed as 19th century handmaids and servants in keeping with the atmosphere and the transitions between scenes were smooth and non-intrusive.

The actual design of the stage could at times be distracting as, at any given moment, one can clearly see the onlookers on the opposite side. It also causes the actors to constantly break stage-rule number 1: never turn your back to the audience. This created problems when one actor, whose back was facing us, blocked the other with his body, thereby obstructing the dialogue of both.

Another downfall to the design of the stage is the seating. Some seats are arranged right against the wall of the theatre so that when the set is not placed against the wall also, as was the case in this play, some audience members found themselves seated behind the set. This again caused problems when trying to hear dialogue or certain scenes in which the actors themselves were out of sight.

Theatre and Company did an exceptional job on an extraordinary but difficult play to produce.

There were several occasions in which sidebar conversations — those rendered by actors who weren't involved in the principal dialogue but chatted in the background — could actually distract from the primary lines. This was most likely due to the modest sized stage, but it would have been perfectly believable to omit any sound from actors in the background.

Besides some very minor exceptions, Theatre and Company did an exceptional job on an extraordinary but difficult play to produce. Although *An Ideal Husband* ended its run on Sept. 28, an Ontario Premiere of *Red Lips*, a story of three women who set out in search of their past by award-winning playwright Connie Gault, opened on Sept. 31.

There is an added bonus too: students pay a mere \$10 per ticket. For a performance of such aptitude as at Theatre and Company, it comes highly recommended. As well as plays, this theatre offers an acting studio, scriptwriting lessons, fundraising galas and much more. Check out www.theatreandcompany.org for more information.

HOROSCOPE

Week of October 7 - 13

Happy Birthday Libra!



Make sure any loose ends are tied up before the end of the week. Someone may be planning a surprise for you.



Aries:
March 21 - April 19
Look closely at your financial situation before making any major purchases. Money might start to become a little sparse later in the month.

Luckiest day: October 8.



Taurus:
April 20 - May 20
The uphill battle you have been struggling with is about to get better. All of your efforts won't go unnoticed.

Luckiest day: October 9.



Gemini:
May 21 - June 21
Family and friends are going to be helping you through a situation. Everything will work out great, but you must remember to look at things positively.

Luckiest day: October 11.



Cancer:
June 22 - July 22
An unexpected event could make you upset. Don't be too hard on yourself, you're not alone.

Find a friend to help you with your situation.
Luckiest day: October 12.



Leo:
July 23 - August 22
All the hard work you have done is about to pay off. Good days are ahead. Sometime in the next month reward yourself for a job well done.

Luckiest day: October 8.



Virgo:
August 23 - September 22
Something exciting is about to happen to you. When it does make sure you celebrate. It may be awhile before something this good happens again.

Luckiest day: October 7.



Libra:
September 23 - October 22

Several events, which you cannot control, are going to keep you tied up for awhile. Things are going to get more stressful before they get better.

Luckiest day: October 11.



Scorpio:
October 23 - November 21
Make sure you follow any gut feeling you might be having, they could be preventing you from getting hurt. Expect some unusual dreams also.

Luckiest day: October 10.



Sagittarius:
November 22 - December 21

Relationships in your life could be heading in all directions. Avoid the people in your life who look at things negatively, they'll only bring you down more.

Luckiest day: October 13.



Capricorn:
December 22 - January 19

Something someone does is about to make you look at everything in your life differently. Make sure you look at all the options before making an important decision.

Luckiest day: October 13.



Aquarius:
January 20 - February 18

Strange events and unusual dreams might take you by surprise. Make sure you listen to your intuition; it could help you out of a sticky situation.

Luckiest day: October 12.



Pisces:
February 19 - March 20

You'll have to look at both sides of a situation before making a decision about something at work or school. You might want to consult a friend also.

Luckiest day: October 10.

Daniel Roth is a third-year journalism student who has studied astrology and other clairvoyant issues for four years.

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Mishap

(Photo by Tori Sutton)

A friend comforts Jessica Wismer after she was involved in a multiple car accident Sept. 26 at the main entrance of the college. The marketing student hit a red car driven by LASA student Kevin Vanderzwaag who was taken to hospital with minor injuries.

Women's fastball team off to rough start this season

By LISA HILLER

Conestoga College's women's fastball team may not have gotten off to a great start, but with the players starting to feel more comfortable, assistant coach Fawn Day says the team will pick it up in the end.

"We have to cutback on the errors and pick-up the hitting," Day said.

At the end of September, the Condors had a won-loss record of 1-4, putting them in last place in the seven-team league.

In their first two games, the Condors were bombed. Over both games, they collected one run on five hits and were outscored 18-1.

Conestoga won its third game, 8-7 over the St. Clair College Saints, but lost their fourth game, also played against the Saints, 13-5, giving up 17 hits.

The Condors had a chance to win their game against the Mohawk Mountaineers, but errors and untimely hitting had a 10-6 result.

A former college fastball player, Day, 28, said she has faith the team will turn things around and finish strong.

Day played for the Condors from 1995 to 1997 while taking management studies. She works for PPI Financial in Waterloo.

The Kitchener resident still loves ball and admits it was everything when she played at Conestoga.

"It was important," she said. "If we had a game or practice or whatever, we were there, no question."

"We could always get out of class for ball, the teachers understood."

That's been a problem for some of the girls this year, according to Day. Some aren't allowed to leave class early or miss a class and some have mandatory extra commitments that go along with their programs, not to mention part-time jobs.

At the team's first two games at Cambrian College in Sudbury, many players couldn't make it because of a mandatory camping

trip as part of the recreation and leisure program.

With students coming and going, some at this game and others able to make that one, it's hard for the players to gel properly, Day said.

"Everyone was only introducing themselves on the bus before the first game," she said.

The team is carrying 18 players, which is plenty, but Day said there are enough who haven't played much before and haven't learned basic skills, like bunting.

Day also noted that she was new to coaching college sports, as is head coach Brad Scherer. "We are relatively new to this," she said. "It's a different league."

Despite those obstacles, Day said some of the players are already starting to feel comfortable with each other and she can tell they are learning to play with each other.

"They don't have to be the most talented group out there, if they all gel at the same time."

Exciting baseball post-season ahead

By JAMES K. DOYLE

The regular season has finished, and the real season is beginning.

The 2002 baseball season saw its share of exciting moments, with Barry Bonds hitting his 600th career home run, Curt Schilling and Randy Johnson becoming the first pair of pitchers to strikeout 300 for the same team, and Vladimir Guerrero and Alfonso Soriano's attempt to join the elite 40-40 club. But none of that matters now that the playoffs are upon us.

Both teams from last year's World Series are back, the New York Yankees and Arizona Diamondbacks, and they will be joined by the Oakland Athletics, Minnesota Twins and Anaheim Angels from the American League. The National League will be sending, along with the D-backs, the Atlanta Braves, St. Louis Cardinals and San Francisco Giants.

American League

The defending American league champion Yankees will face off against the wild-card winning Angels. The Angels have been absent from the playoffs for more than a decade, and this inexperience will hurt against the always post-season bound Yanks. Angel's ace Jarrod Washburn will be in tough against starters like Roger Clemens; Mike Mussina, David Wells and Andy Pettitte. Washburn will be helped by veteran Kevin Appier, but don't expect the fresh Angels to compete with the Yanks. The Yanks have proved year after year that they are World Series favourites and with such a strong pitching staff, the Angels don't stand a chance in a short best of five series.

The other divisional series has the Minnesota Twins taking on the Oakland Athletics. The Twins had a good year in 2002, but were fortunate to be in the very weak AL

Central. The A's, on the other hand, had to battle the Angels down the stretch to win the West. Oakland is a powerful team, with some of the best young pitchers in the league. Barry Zito, Mark Mulder and Tim Hudson are all workhorses who know how to win. Combine these live, young arms with the like of Miguel Tejada and Eric Chavez, and the A's have what it takes to go deep into the playoffs.

The American League championship series should come down to Oakland and New York. The Yankees eliminated Oakland last year, and that should only strengthen the A's. This desire to beat the Yanks, and a young, exciting team should catapult the A's to the World Series. Perhaps the only question mark is how will Oakland closer Billy Koch perform in his first playoff appearance. The Yankee hitters are seasoned veterans who know how to get the job done, and in the past, Koch has had trouble getting the final out. This being said, Koch should be solid, as he was all year, and help the A's knock off the Yankees.

National League

The defending World Series champion Arizona Diamondbacks will be playing the St. Louis Cardinals. The Cards are a solid ball team, with Albert Pujols and recently acquired Scott Rolen. However, these big bats won't be enough to compete against the likes of Randy Johnson and Curt Schilling. The two most dominant pitchers in baseball were co-MVP winners in last year's World Series, and should again carry their team. St. Louis will be in tough in this five-game series against the dynamic duo.

The other series pins the Atlanta Braves against the San Francisco Giants. Atlanta is again strong with veterans Greg Maddux and Tom Glavine leading the pitching

staff. The key for Atlanta will be to shut down the offensive Giants. They possess the most dominant offensive player in the big leagues in Barry Bonds, who will no doubt see his share of base on balls. Jeff Kent will be another player to shut down, along with the speedy Kenny Loften. The Braves, though, have Chipper Jones and Gary Sheffield. And with Andruw Jones patrolling centre field, the Braves should get by the Giants and win another shot at the World Series.

Arizona rode the arms of Schilling and Johnson all year, but the Braves have a couple of cagey veterans themselves who should be able to match the two thoroughbreds. The Braves also have a better offensive team this year. Chipper Jones' move to left field has allowed him to concentrate more on offence and Sheffield is always a threat. The D-backs are missing an integral part of their offence in Luis Gonzalez who separated his shoulder in a collision for a foul ball. Look for Atlanta hitters to catch up with Schilling and Johnson, and put the Braves into the Fall Classic.

World Series

Oakland and Atlanta will meet in the 2002 World Series. The young and exciting A's will have the upper hand because of their youthfulness. The Braves starters will be worn down in the post season after facing an explosive Giants offence and having to match the Diamondback starters pitch for pitch. Zito, Mulder and Hudson all have strong arms and the post-season grind shouldn't hurt the young aces.

The A's proved all year that they know how to win, putting together a 20-game win streak at one point in the year. This confident club should be able to get by an aging Braves team to win the title of champion in baseball.

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Local team hikes, bikes and treks to finish line

Adventure racing team wins five-hour race in Elliot Lake

By BRANDI STEVENSON

Adventure racing is all about going outside of your comfort zone. That is exactly what the Handicapped Crew did to win a five-hour race that had them trekking, canoeing, and biking in Elliot Lake on Sept. 21.

"If you want to try and win you have to put yourself into a bit more discomfort," said Richard Ter-Vrugt, team captain of the Kitchener-Waterloo-based team.

Ter-Vrugt said the three-member team definitely stepped out of their comfort zones when they decided to go through a swamp to save time. It would have taken up to 15 minutes to go through it, he said. At one point, Ter-Vrugt was actually swimming. Although he said the water was cold, he added, "It was quite invigorating, actually, being able to do that fully clothed with a pack on your back."

Unfortunately, Ter-Vrugt's swim in the swamp did cause a problem later on in the race. The navigating instructions were in a bag around his neck, and he forgot to close it before he went in the water. The directions were completely soaked. He said they "spent several minutes peeling them apart."

The Salomon Adventure

Challenge is part of a company called Frontier Adventure Racing Incorporated. The company organizes races, as well as offers racing training courses. The company has three different racing categories. Salomon is a series of five- to eight-hour races around Canada. Raid the North is a series of 36-hour races throughout Canada, and Raid the North Extreme is one five-day race. This year, the extreme was held in Whitehorse, Yukon, in

"If you want to win you have to put yourself into a bit of discomfort."

*Richard Ter-Vrugt,
team captain*

August.

The race in Elliot Lake was the season finale in the Salomon series. The series championship for Raid the North was held there as well.

The Salomon races consist of trekking/hiking, biking, and canoeing. The 36-hour races and the extreme have these elements as well as a fixed rope (repelling against rocks) component. Since all of these races take place in remote locations, navigating through the wilderness is a necessary element.

The Handicapped Crew is well aware of how important navigation is. Ter-Vrugt admitted they have "come into positions where (they've) made wrong navigational choices" in past races. The team's primary navigator, Matt Buchwald, said, "It's a matter of being very conscientious of where you are and what you should be doing."

The third member of the crew, Jason Hoogenboom, added, "Taking some time to think of what our next steps were instead of just winging it," is what helped them win in Elliot Lake.

Another strategy the team used to win was a pulley system during the biking sections. Tying their bikes together was helpful when going up hills, Hoogenboom said.

However, the team did run into a problem with the system. At one point the rope got stuck in one of the bike tires. Even with the snag, Hoogenboom said the team still had the fastest mountain biking time.

Ter-Vrugt said the pulley system was just one example of teamwork. Everyone agreed teamwork is an extremely important aspect in every race.

Hoogenboom said, "Often if you work together, you end up getting farther ahead."



(Photo by Nick Horton)

Conestoga goalie Amanda Kesselring attempts to stop a shot by the Humber Hawks in the first half of the Sept. 24 game at Conestoga.

Hawks dominate Condors

By NICK HORTON

Humber College showed no mercy against the Conestoga Condors in women's outdoor soccer action Sept. 24.

The Humber Hawks defeated the Condors 5-0 in a lopsided victory. "We weren't hustling ... we weren't picking up our men," said Condor goalie Amanda Kesselring.

Unfortunately for Conestoga, only one linesman showed up for the start of the game making it difficult for the referee to make offside calls. The linesman eventually showed up, but not soon enough. The Hawks had already scored twice on what fans watching the game claimed to be offside goals. At times in the first half, fans booed the referee and shouted remarks asking him if he

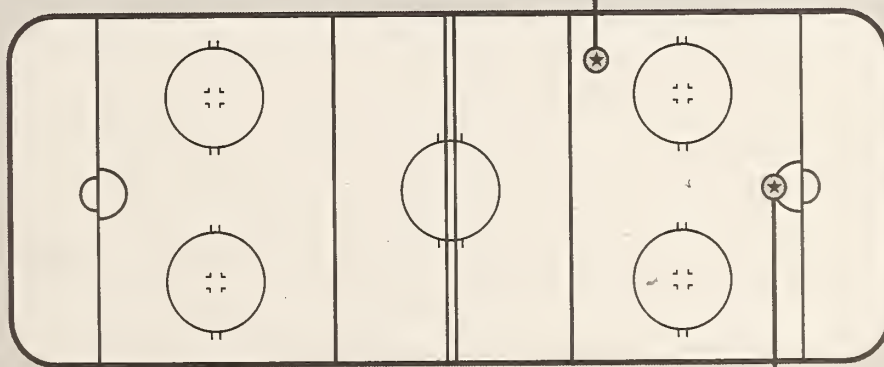
was going to move outside the centre circle.

"It makes it hard to get the proper calls when there is no linesman," said coach Rebecca Miller. She went on to say having no linesman is not an excuse and Humber was at just as much of a disadvantage.

At times in the game Conestoga showed spurts of offensive movement, but that was as far as it went. Humber simply outplayed Conestoga, moving faster, tackling harder, playing smarter, and thus resulting in a minimal amount of errors.

The women's team is currently on a four-game road trip that ends Oct. 8 against Mohawk. Conestoga's next home game is Oct. 15 at 4:30 p.m. against the Fanshawe Falcons.

Breakaway in quadruple overtime.



Goalie who fell asleep standing up.

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CSI Events for October 2002



C O N E S T O G A
S T U D E N T S I N C .

Enjoy **Free Pleasure** and other awesome festivities provided by your student association!

September 31	October 1	October 2	October 3	October 4
Drug and Alcohol Awareness Week	Drug and Alcohol Awareness Week	Drug and Alcohol Awareness Week	Drug and Alcohol Awareness Week	
Monday Nighter	Twisted Tuesday		Funk & Disco Pub in the Sanctuary	
October 7	October 8	October 9	October 10	October 11
		Wade McElwain Comedy in the Sanctuary (11:30 - 12:30)		
	Twisted Tuesday			
October 14	October 15	October 16	October 17	October 18
Thanksgiving		Bubble Tea in the Sanctuary (starts at 7:30)	College Night Oktoberfest at Queensmount	
	Twisted Tuesdays			
October 21	October 22	October 23	October 24	October 25
	Russell Peters Comedy in the Sanctuary (11:30 - 12:30)		Movie Day in the Sanctuary	
Monday Nighter	Twisted Tuesdays			
October 28	October 29	October 30	October 31	
Fright Week Begins	Fright Week	Fright Week	Fright Week	
Movie Day in the Sanctuary	Movie Day in the Sanctuary	Movie Day in the Sanctuary	Movie Day in the Sanctuary	
Monday Nighter	Twisted Tuesdays		CSI/CBSA Halloween Bash	

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